

HALIFAX metro®



N.S. students get failing grade

Pan-Canadian educational assessment shows province 'sliding from mediocrity to a new, lower plateau' **PAGE 3**

Breakfast diner has big shoes to fill

Robie St. Station replaces Jane's on the Common **PAGE 7**

WE MISSED YOU TOO, EHLERS

STAR FORWARD ADMITS TO MISSING MOOSEHEADS TEAMMATES AFTER RETURNING FROM WINNIPEG JETS TRAINING CAMP **PAGE 24**

EYE ON HALIFAX

AIDAbella, a German cruise ship, sits docked on Tuesday near the Port of Halifax. AIDAbella was one of five cruise ships in port on what was the busiest day of the cruise ship season. Story, page 4.

JEFF HARPER/METRO



Transit redesign still a go

Transportation.

Boss says network will 'absolutely' get a facelift



RUTH DAVENPORT
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The director of Halifax Transit is promising the city's transit network is getting a comprehensive overhaul to improve reliability and reduce trip times.

"I can assure you that when we go to public consultation, we're going out with a plan that meets these objectives put on us by council and the public," Eddie Robar told regional council Tuesday.

Coun. Gloria McCluskey asked Robar to appear before council to explain an update delivered to the transportation standing committee in early September in which transit officials said the planned overhaul would consist more of "tweaking."

An information report

Quoted

"We're taking a step back, looking at that review and making sure that we're strategic about how we achieve the objectives of council, not that we're changing direction."

Halifax Transit director Eddie Robar

stated a transfer-based system — one that involves shorter routes and multiple transfers per trip — wasn't compatible with Halifax's population base or geography.

Robar said Tuesday transit officials modelled a system based on the principles established by extensive public consultation last fall, and found a transfer-based system with

no overlapping or redundant routes just wasn't up to scratch.

"We couldn't meet a couple of those objectives ... (making) the trip times faster and making sure that the service connections were high in frequency," he said.

However, in response to questions from McCluskey, Robar said Halifax Transit will "absolutely" meet the conditions set forward in the previous public consultations and said the system will be unveiled in January.

"We have ideas on what

that looks like," he said. "But we need to draft that, cost it out and make sure that that's a fiscally responsible way of achieving the objectives."

Robar said a 10-week public consultation period that will involve in-person and online feedback with riders and non-riders will begin in mid-January.

"The shape of that will involve network design, maps, locations, frequencies of services, so that people can compare the trip they take today to the trip they'll take in the newer system," he said.



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FIVE THINGS YOU NEED TO KNOW TODAY

1

SKATING RACE

Cole Harbour's Nathan MacKinnon took on fellow Canadian and Olympic short track speedskating champion Charles Hamelin in a skating race for a CCM advertisement. MacKinnon won by a hair.

2

DAY OF CARING IN HALIFAX

Wednesday is the United Way Halifax annual Day of Caring, which will see painting, cleaning up of gardens, yard work and sorting through clothes done at 26 sites across the city.

3

EBOLA PATIENT UPDATE

Hospital officials say the man being treated for Ebola in Dallas is showing improved liver function, though he remains in critical condition. Thomas Eric Duncan fell ill after traveling to Dallas from Liberia two weeks ago.

4

X-MEN ON THE SMALL SCREEN?

According to the website Bleeding Cool, the X-Men could become the next superhero team to make the leap from the comic book page to the small screen. While rumours are swirling, Fox has not confirmed anything.

5

TYRA, BY TYRA BANKS

Tyra Banks has unveiled her own beauty brand, and she's named it after herself. The America's Next Top Model host and former Victoria's Secret Angel has launched a new beauty collection, Tyra.

Province 'stagnating' in learning scores

Education. Numbers show Grade 8 students fall well below national average



HALEY RYAN
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The latest Pan-Canadian education assessment shows Nova Scotia is headed "to a new, lower plateau" despite a small jump in math scores, according to one education expert.

On Tuesday, the Council of Ministers of Education Canada released the 2013 Pan-Canadian Assessment Program for science, reading, and math in Grade 8, where Nova Scotia

At a glance

- The assessment was done in 141 schools in Nova Scotia with 2,716 students participating last spring.

falls below the national mean score in all categories.

"The disturbing thing is that Nova Scotia is not just languishing but stagnating and declining," said education expert Paul Bennett.

In the sciences (which was revised and could not be compared to previous years) Nova Scotia had a mean score of 492 compared to the national score of 500.

For reading, Nova Scotia students average a 488 score compared to a national of 508 which remained nearly the same from 2010 (489).

Students scored 488 in mathematics compared to the national average of 507, which is a jump from 474 in 2010.

Bennett said a "startling" point was the fact Nova Scotia



Prince Arthur Junior High students head back into classes on Tuesday. The latest Pan-Canadian education assessment shows Nova Scotia is headed "to a new, lower plateau" despite a small jump in math scores, according to one education expert. JEFF HARPER/METRO

students scored "significantly lower" than the rest of Canada.

The province ranked fifth in sciences and seventh in math and reading compared to all 10 provinces.

"We're sliding from mediocrity to a new, lower plateau," Bennett said, adding that it was concerning to see Prince Edward Island bypass Nova Scotia in reading and math and close in on the sci-

ence scores when P.E.I. has historically been in last place.

The French schools in the province also trailed the English ones in all areas except math, where they are using a Quebec curriculum, Bennett said.

He said the scores are especially discouraging after the "time and energy" invested in curriculum changes like the NDP's Succeeding in Reading from 2011.

Report

Review of N.S. curriculum coming on Oct. 30

Nova Scotia's education minister says she will receive the report of a panel reviewing the province's school curriculum on Oct. 30 and present it in the legislature at that time.

Karen Casey says the panel led by former lieutenant governor and teacher Myra Freeman, is expected to include short- and long-term changes to the education system, some of which could be introduced later this year.

It is the first time in 25 years that Nova Scotia has conducted such a review.

Casey made the announcement while responding to a national report that says while Grade 8 students in the province have improved in math, literacy and science, they remain below the Canadian average.

Casey says the results show that the government can do more to support students and address issues such as teacher-student ratios in classrooms.

THE CANADIAN PRESS

Quoted

"We're sliding from mediocrity to a new, lower plateau."

Education expert Paul Bennett

My mom taught me...

it's better to be kind than to be right, a girl can be anything she wants to be, it costs nothing to give someone a helping hand, and to
always choose Baxter.



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1 NEWS



A row of cruise ships are docked on Halifax Harbour near the Port of Halifax on Tuesday. JEFF HARPER/METRO

Vital Signs. Report shows high obesity, jobless stats for N.S. youth

The Community Foundation of Nova Scotia released their latest Vital Signs report on Tuesday, which focuses on the under-35 demographic which makes up nearly 40 per cent of the province's population.

In 2013, the report said the unemployment rate for 15- to 24-year-olds hit 18.3 per cent, the highest across all provinces.

The report also said more than one in five children under 18 (21.2 per cent) were living in a food-insecure house in 2012, while in the same year 4.8 per cent (8,209) of 20- to 34-year-olds were "severely food insecure."

At the same time, the obesity rate among teens in Nova Scotia has doubled since 2007, and in 2012 the report showed 32 per cent of teens were overweight compared to the national average of 21.8 per cent.

One in five high school students has considered suicide, and almost one in 10 has attempted it, the data showed.

"It's time to have those difficult conversations and to figure out a better way forward," said Allison Kouzovnikov, executive director of the foundation, in a release. **METRO**

Cruisin' for a good time

From far and wide.
Close to 10,000
cruise-ship passengers
descend on Halifax



**PHILIP
CROUCHER**
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If you felt like the Halifax waterfront was a sea of tourists Tuesday, there was good reason.

The Port of Halifax said more than 9,200 cruise-ship passengers were docked throughout the day, coming from five different vessels.

In port on Tuesday were the cruise ships Brilliance of the Seas, AIDA Bella, Grandeur of the Seas, Norwegian Dawn and Seven Seas Navigator.

All of the ships arrived in the morning and were scheduled to leave in the late afternoon or early evening.

"It's just a steady stream of people from the seaport

all the way down," said Port of Halifax spokesman Lane Farguson, who strolled the waterfront over the lunch hour. "Restaurants were packed. Everywhere along the waterfront was busy with tourists."

This is a very busy week for cruise ships, with Tuesday being the largest for Halifax in terms of both passengers and ships.

Seventeen ships are scheduled to dock this week, and will carry about 30,000 pas-

Last year

8,700

In 2013, the busiest day of the cruise ship season fell on Oct. 8 and brought in about 8,700 passengers.

sengers.

"Halifax has traditionally been a popular fall cruise destination and this year is no different," said Farguson, pointing to the fall colour

change and comfortable temperatures as big draws.

"It all comes together and this is the time when it really booms."

When passengers arrive, some stay on the waterfront, others venture to Public Gardens or Citadel Hill, and some take tour buses to Lunenburg or Peggy's Cove.

"On a day like today, you are definitely going to notice the impact," Farguson said on what this does for the local economy.

WASTE COLLECTION NOTICE GARBAGE/ORGANICS/RECYCLABLES

Thanksgiving

Please be advised that there will be no garbage, organics or recyclables collection services on Thanksgiving, Monday October 13th, 2014. Collection services for that day will be provided the preceding Saturday, October 11th.

Collection Services can begin as early as 7am. To ensure collection please place materials curbside the evening prior to collection day.

No Collection Thanksgiving Monday, October 13th	➔	Collection will occur the preceding Saturday, October 11th
Otter Lake Facility Closed Monday, October 13th	➔	Otter Lake Facility Open Saturday, October 11th, 7am – 7pm
HRM Recycling Plant Closed Monday, October 13th	➔	HRM Recycling Plant Open Saturday, October 11th, 7:30am – 6pm
Household Special Waste Depot Closed Saturday, October 11th	➔	Household Special Waste Depot Open Saturday, October 11th, 9am – 4pm

St. Pat's. Demolition costs up as school goes down

Councillors had plenty of questions for city staff over a request to beef up the budget for demolition and remediation of the St. Patrick's High School site.

A staff report states an original estimated cost of \$3.5 million was submitted to council before a consultant's report on the site was complete.

The detailed budget estimate based on Dillon Consulting's demolition specification increased to \$4.5 million, which includes a 30 per cent contingency.

"I'm not a big fan of us being in the demolition business ... but what we're hearing is there's still a chance because of the location and value of this land that we will still come out of this okay," said Coun. Tim Outhit.

Councillors also questioned the \$200,000 staffers said was needed to contract out planning services to begin the process of having the land rezoned in anticipation of a sale.



The site of former St. Patrick's High School. METRO FILE

Manager of real estate and land management Peter Stickings said although the city has its own planners, turning to an outside agency would help speed up the rezoning process.

"We're trying our best to compress the overall work period to get the building down, get it rezoned, get it to market, get it sold and get the return for the municipality," he said when councillors questioned spending money on a service the city could provide.

RUTH DAVENPORT/METRO

Sackville landfill. No debate on leachate treatment proposal

There will be no further discussion of treating organic leachate at the Sackville landfill for at least another six months.

Coun. Brad Johns had a motion on Tuesday's Halifax regional council agenda to reverse course on the city's plan to treat leachate from the two municipal composting facilities at the former landfill on Highway 101.

However, after a closed-door discussion of the contract negotiations around the existing treatment facility at the landfill, Johns altered the motion.

Council approved a motion to have staff consider alternative methods of treating the leachate, to defer proceeding with treatment in Sackville and to report back to council by April 1.

RUTH DAVENPORT/METRO



It's not curtains for Park Place Theatre

Halifax council voted Tuesday to fix up the Park Place Theatre instead of demolishing it. The home of Shakespeare by the Sea was damaged by fire in early June, and city staff were recommending removing it and finding a new home for the theatre group. Instead, council opted to bring the building up to standard as office space and have staff explore options for both completely renovating the building into theatre space, and constructing a completely new building.

JEFF HARPER/METRO

Residential rezoning for Lake Loon land

Westphal. Decision must still be vetted through community council

Halifax councillors have voted to rezone a patch of land near Lake Loon in Westphal in order to allow a residential development that residents say threatens the well-being of the beloved lake.

Ekistics Design, on behalf of Lake Loon Ltd., is proposing two multi-unit buildings of six and seven storeys high alongside 44 townhouses on the property

behind the Gateway Meat Market on Main Street — currently zoned for commercial use.

"We believe a residential development with a tight walkable mixed-use core is more in keeping with the suitability of this parcel of land," Ekistics president Rob LeBlanc told council during a public hearing.

About 20 people came to the public hearing Tuesday and six spoke — three in favour and three against.

Opponents said the lake and surrounding community couldn't withstand the increased stormwater runoff or traffic.

By the numbers

162

The total number of residential units that will be added by the new development

"This is something you'd see in downtown Halifax or Dartmouth, not on the edge of a lake," said resident Don Shewfelt. "It's not compatible with the commercial environment and it's not compatible with the residential environment."

A traffic study suggested there would be minimal impact from the development,

and city staff said Ekistics was planning "enhanced" stormwater management measures.

Councillors sided with the speakers who said the development was a good way to increase density in an area targeted for growth under the Regional Plan.

"When it comes to a lake and protecting it, I'm very mindful of that," said Coun. Lorelei Nicoll, noting city staff are recommending residential development as preferable over commercial. "But ... if you are on a lake and you're within a serviceable boundary ... it's going to be developed."

RUTH DAVENPORT/METRO



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HALIFAX

Energy Minister faces big questions

For fracking's sake.

Andrew Younger attempts to shed light on Nova Scotia's energy future at conference

Nova Scotia's energy minister faced questions Tuesday about how the province will become a centre for research in hydraulic fracturing technology while it moves to ban high-volume fracking for onshore oil and gas.

Andrew Younger told the Core Energy Conference in Halifax that there hasn't been much industry interest in the method so far, and the majority of people in the province remain opposed to fracking.

The Energy Department plans to provide a detailed geological map to show where onshore oil and gas opportunities might exist, he said, adding it will also allow more informed debate in the future.



Energy Minister Andrew Younger speaks to reporters in this file photo. METRO FILE

"To start with, we need to know what the resource potential is," he said. "We are doing the onshore atlas at this point to identify what

the resource opportunities are and it will make it easier to have those discussions in the communities about real opportunities."

Asked if his department would work to reduce community fear about possible risks to watersheds and other environmental issues

associated with fracking, Younger said he is surprised there hasn't been more industry involvement in making its case to communities.

Meanwhile, senior executives with utilities in New Brunswick and Nova Scotia said the supply of natural gas could decrease in Atlantic Canada over the next decade.

Chris Huskison, CEO of Emera, said after 2019, most projections are for natural gas production to decrease in Nova Scotia's offshore.

"We have to start to think about how we are going to supply natural gas to the region in the future," he said.

Huskison said the natural supply issue may partly be solved by hydroelectricity from Muskrat Falls and the Maritime Link project that will bring power from Labrador to the Maritimes.

The \$8.5-billion projects are on time, he said, and there has been no increase in the cost.

THE CANADIAN PRESS

Liability

Province introduces new law

Companies operating in Nova Scotia's offshore would face a liability of up to \$1 billion for the costs of cleaning up spills and compensation when they are not at fault under provincial legislation introduced today.

The liability cap for drilling and production companies is now \$30 million.

The change to the cap mirrors one announced by the federal government in June 2013.

Energy Minister Andrew Younger says the changes would make the energy sector more accountable in the event of offshore spills.

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Man leaving courthouse lashes out at reporter

There's more information for the lawyers to consider before the case involving a man accused of hitting a Windsor police officer with his truck and driving off moves forward.

Cody Andrew Prudhomme, 19, made a brief appearance in Windsor provincial court Tuesday on charges of assault with a weapon, failing to stop for police, resisting arrest and dangerous driving.

Crown attorney Bill Ferguson told Judge Alan Tufts there are some additional matters to deal with that may take longer than originally expected.

Tufts agreed to adjourn the case until Nov. 25 to give legal aid lawyer Chrystal MacAuley

more time to review Crown disclosure.

Prudhomme appeared calm and collected as he spoke with family prior to the court appearance, but verbally lashed out at a Hants Journal reporter taking his photo as he left the courthouse. Prudhomme used expletives and hand gestures to communicate his displeasure.

Prudhomme is under the supervision of his father, a Beaver Bank resident, while released from custody on a recognizance.

It is alleged that a chase ensued after Prudhomme struck a 37-year-old RCMP officer with a black, Dodge Dakota truck during a traffic stop on Wentworth



Cody Andrew Prudhomme shields his face on Tuesday. HANTS JOURNAL

Road around 6 p.m. Sept. 20.

The officer sustained lower body injuries. HANTS JOURNAL

Rushton preliminary inquiry continues

Day 2 of a preliminary inquiry for accused murderer Gerald Ashley Rushton saw five witnesses take the stand Tuesday morning.

One more witness was scheduled to testify during the afternoon session before the inquiry is recessed until Friday.

Rushton, 48, of Valley is facing two counts of first-degree murder in the deaths of his common-law wife Elizabeth MacPherson, 53, and her daughter Brittany MacPherson, 24.

The bodies of the women were found last Dec. 27 at the elder MacPherson's

home at 492 Pictou Rd., after police received a mid-afternoon 911 call from the residence.

After police and paramedics arrived at the scene, Rushton, 48, was taken to hospital for treatment of self-inflicted injuries.

TRURO DAILY NEWS

Diner has big shoes to fill



Robie Street Station co-owner Kaleigh Burns poses for a photo in the newly opened restaurant on Tuesday. JEFF HARPER/METRO

Robie Street Station. Seasoned restaurateurs find legacy of Jane's still 'intimidating'



HALEY RYAN
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The co-owner of Halifax's latest diner is hoping she won't trip, even though her shoes have been feeling too big lately.

Kaleigh Burns, co-owner of the Robie Street Station, opened the all-day breakfast joint with partner Heman Lee last Friday in the former Jane's on the Common location — which can feel "intimidating" when people bring it up.

"Every time someone does it, I feel like my shoes keep growing and growing ... and my feet (get) smaller and smaller," Burns said Tuesday.

"Oh my God, how am I going to walk around in these shoes? They're just too big," she added with a laugh.

Lee manages the kitchen, while Burns has been running restaurants in Toronto and opened a hotel in Vancouver

since graduating with a hospitality degree in 2008.

Burns and Lee moved to New Glasgow four years ago to help open the BaKED Café. They decided to stay longer after being welcomed by "good and genuine people" across the province.

Halifax caught their eye as a good place to open an eatery, and when they walked into 2394 Robie St., all Burns could hear was bacon and eggs.

"It's just a space that screams breakfast," Burns said.

There is also a takeout side with coffee and homemade pastries, including Burns' favourite "peanut-sugar morning bun."

Although the bright diner with "fun, bumpy songs" was designed to revel in the morning, Burns pointed to a lunch menu full of Mexican, Vietnamese and Chinese flavours.

Burns said it was important to showcase their favourite dishes from "five-star restaurants to garage parties" in years of travel, even if some dishes require going outside of Halifax for ingredients.

"It's all stuff that's just blown our minds, and we've done our best to bring back those recipes," she said.

Glace Bay

Public worker charged with fraud, forgery

An employee with the Department of Community Services in Glace Bay is scheduled to appear in court in December to face accusations of fraud and forgery.

Michelle MacEachern, 42, is charged with 12 counts of fraud over \$5,000 and 11

counts of uttering forged documents. The offences are alleged to have occurred between June 2013 and February. The fraud involves an amount exceeding \$100,000.

The fraud charges allege MacEachern opened false assistance claims and deposited the money into her own bank account. The forgery charges involve false direct-deposit and change-of-address applications, along with depositing \$2,400 into her own account. CAPE BRETON POST

Cops tally pedestrians hit last month



A car waits for pedestrians to cross on Lower Water Street. METRO FILE

About two dozen pedestrians were hit by vehicles last month in Halifax, according to data released by city police.

There were 18 reported accidents between pedestrians and vehicles within Halifax Regional Police's jurisdiction and four in the area served by Halifax RCMP.

There have been 164 reported accidents between cars and pedestrians in 2014,

with three people dying and six others suffering serious injuries.

The statistics show the majority of accidents are taking place in crosswalks. For example, of the 151 accidents in the HRP area, 96 (or 64 per cent) have happened in crosswalks.

In addition, the total number of reported accidents to HRP is up by 89 incidents —

or 70 per cent — from 2013.

Halifax Regional Police also note there have been 34 accidents between cars and cyclists through the first nine months of this year.

In the area served by Halifax RCMP, there have been 13 reported accidents between vehicles and pedestrians so far in 2014, compared with 12 from a year ago.

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Freedom of information

Twitter suing FBI, DOJ to release info on surveillance

Twitter is suing the FBI and the Department of Justice to be able to release more information about surveillance of its users.

Twitter Inc. filed a lawsuit Tuesday in a California federal court to publish its full "transparency report," which documents government requests for user information. The published report does not include the exact number of national security requests because Twitter, along with other Internet companies, has been prohibited from disclosing that information, even if no requests were received.

The San Francisco-based social media company said in a blog post that it believes it's entitled under the First Amendment to "respond to our users' concerns and to the statements of U.S. government officials by providing information about the scope of U.S. government surveillance."

THE ASSOCIATED PRESS

Turkey's president says Syrian border town 'about to fall' to ISIS

Middle East. Kurdish fighters battling to halt Islamic group's advance bolstered by U.S.-led airstrikes, but it won't be enough, Erdogan warns

Islamic State of Iraq and al-Sham (ISIS) fighters were poised to capture a strategic Syrian town on the Turkish border, Turkey's president warned Tuesday, even as Kurdish forces battled to expel the extremists from their footholds.

The outgunned Kurdish fighters struggling to defend Kobani got a small boost from a series of U.S.-led airstrikes against the militants that sent huge columns of black smoke into the sky. Limited coalition strikes have done little to blunt ISIS' three-week offensive, and its fighters have relentlessly



Turkish Kurds standing on the Turkey-Syria border watch smoke rise following an airstrike in Kobani, Syria, where the fighting between ISIS and Kurdish forces intensified Tuesday. LEFERIS PITRAKIS/THE ASSOCIATED PRESS

shelled the town in preparation for a final assault.

Warning that the aerial campaign alone was not enough to halt ISIS' advance,

Turkish President Recep Tayyip Erdogan called for greater co-operation with the Syrian opposition, which is fighting both the extremists

and forces loyal to Syrian President Bashar Assad.

"Kobani is about to fall," Erdogan told Syrian refugees in the Turkish town of Gaz-

Poised on the brink

Erdogan has said repeatedly that Ankara wants to see a more comprehensive strategy for Syria before it commits to military involvement in the U.S.-led coalition.

- Turkish forces have been stationed near the fighting in Kobani, but have not intervened. And while Turkey said it wouldn't let Kobani fall, there's no indication the government is prepared to make a major move to save it.

iantep, near the border.

"We asked for three things: One, for a no-fly zone to be created; two, for a secure zone parallel to the region to be declared; and for the moderate opposition in Syria and Iraq to be trained and equipped."

THE ASSOCIATED PRESS



Olivia and Brooke Turner, in memory of their grandmother

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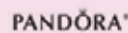
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House of Commons votes on joining fight against ISIS

Debate. PM Harper insists Canada cannot 'just sit and watch' as Liberals, NDP express concern over Tory plans

A divided House of Commons prepared to vote Tuesday to send Canadians back to war, with the Conservatives insisting it is Canada's duty and opposition parties warning of a potential major mistake.

The Conservatives used the waning hours of debate to focus on Canada's responsibility to act against the brutality of the Islamic State of Iraq and al-Sham (ISIS), but the New Democrats and Liberals are concerned they don't have enough information about how far the Conservatives are willing to go.

Six CF-18 fighter-bombers, two CP-140 surveillance planes, one aerial tanker aircraft and 600 personnel have been tapped to join coalition air strikes in Iraq for up to six months, but there will be no troops directly involved in ground combat, says the motion before the Commons.

"We know that when we face this kind of a threat, a terrorist caliphate established in the open that threatens this country and threatens it quite explicitly and directly, that is not something we can just sit back and watch," Prime Minister Stephen Harper said during question period.

THE CANADIAN PRESS

Stay up-to-date

Visit metronews.ca for the latest on the vote.




Prime Minister Stephen Harper responds to a question during Question Period in the House of Commons Tuesday in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

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18 rescued from human trafficking

Canada-wide. Operation to free women forced into sex trade

A months-long investigation into human trafficking has led to the rescue of 18 women who were forced to work in the sex trade, police said on Tuesday.

Nine people are facing 33 charges, including forcible confinement, making and distributing child pornography, assault, trafficking in persons, withholding or destroying documents, living off the avails, uttering threats, obstructing police and failing to comply with court orders and conditions of bail and probation.

Ontario Provincial Police Sgt. Peter Leone said vulnerable groups, like newcomers

to Canada, are often the targets of exploitation.

"These (18 victims) are individuals who were preyed upon, that were very vulnerable and certainly exploited," he said.

Twenty-six police forces were involved in the operation on Oct. 1 and 2, including those in Edmonton, Calgary, Regina, Saskatoon, Winnipeg, Halifax, Quebec City, Toronto and other parts of Ontario.

They interviewed hundreds of women, some as young as 15, since January, focusing on hotels, motels and massage parlours along major thoroughfares in 30 cities and towns across the country, police said. Many of the women had been threatened with violence, extortion and drug dependency, among other forms of coercion by men.

THE ASSOCIATED PRESS



Gay couple 1st to marry legally in El Paso County

Jana Hayes, left, and Angie Hayes embrace under an altar at the Citizens Service Center in Colorado Springs, Colo., Tuesday, after self-officiating their own marriage and becoming the first same-sex couple to legally wed in El Paso County. Colorado Attorney General John Suthers ordered clerks in all of the state's 64 counties to issue marriage licences to gay couples after the Colorado Supreme Court lifted previous orders barring clerks in Denver and Boulder from doing so. MICHAEL CIAGLO/THE COLORADO SPRINGS GAZETTE/THE ASSOCIATED PRESS

RCMP

Mountie's death highlights need to deal with PTSD

The death of RCMP Cpl. Ron Francis, who helped draw attention to post-traumatic stress disorder among emergency first responders, is a terrible loss that underscores the need to deal with the issue, the RCMP's commanding officer in New Brunswick said Tuesday.

"It's unfortunate that this condition, if you will, took over and consumed him, but he didn't let go," assistant commissioner Roger Brown told a news conference at RCMP headquarters in Fredericton. "His goal was to try to make some sense of it himself and to bring an awareness to what this is all about."

Francis was found dead Monday afternoon at the Kingsclear First Nation. It appears no one else was involved in his death but Brown wouldn't provide any details about the circumstances of how Francis died. THE CANADIAN PRESS

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October 18 - 19, 2014

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PUT WASTE IN ITS PLACE | RRFB

HALIFAX

Woman sues drug agency over fake Facebook account

Complaint. Sondra Arquiatt says fake page gave the impression she was co-operating with investigation

The U.S. Drug Enforcement Administration set up a fake Facebook account using photographs and other personal information it took from the cellphone of a New York woman arrested in a cocaine case in hopes of tricking her friends and associates into revealing incriminating drug secrets.

The Justice Department initially defended the practice in court filings but now says it is reviewing whether the Facebook guise went too far.

Sondra Arquiatt's Facebook account looked as real as any other. It included photos of her posing on the hood of a sleek BMW and a close-up with her young son

and niece. She even appeared to write that she missed her boyfriend, who was identified by his nickname. But it wasn't her.

The account was the work of DEA Agent Timothy Sinnigen, Arquiatt said in a federal court lawsuit. The case is scheduled for trial next week in Albany, N.Y.

Arquiatt was arrested in July 2010 and was accused of being part of a drug distribution ring run by her boyfriend. She pleaded guilty to a lesser charge in 2011.

In a court filing in August, the Justice Department contended that while Arquiatt — who is now asking for \$250,000 US — didn't directly authorize Sinnigen to create the fake account, she "implicitly consented by granting access to the information stored in her cellphone and by consenting to the use of that information to aid in ... ongoing criminal investigations." **THE ASSOCIATED PRESS**



Putin marks 62nd birthday

Thousands dressed in the red, white and blue of the Russian tricolour form an enormous human flag as they walk through the streets of Grozny Tuesday to celebrate Vladimir Putin's 62nd birthday. Elsewhere in the Chechen capital others carried a 600-metre-long Russian flag through the streets. The Russian president, however, was not around to see the tributes created in his honour. He was in the wilderness of Siberia. Putin has often brandished his tough-guy image with wilderness romps during which he hunts, fishes or rides horses — often while shirtless. **MUSA SADULAYEV/THE ASSOCIATED PRESS**

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Community Health Team



**Your community.
Your health. Your voice.**

Come make your voice heard at an open conversation and receive a \$10 grocery gift certificate for your time.

Capital Health & the IWK Health Centre are bringing a Community Health Team to the Bedford/Sackville area and the Halifax Peninsula.

As well, the Chebucto Community Health Team has expanded to the Clayton Park and Fairview area.

You can help shape the free health and wellness programs that will be offered in your community.

Plan to attend an open conversation:

BEDFORD/SACKVILLE

Sackville Lions Club

101 Old Beaver Bank Road
October 20 • 9:30am – 12:00pm

Cornerstone Wesleyan Church

1215 Hammonds Plains Road
October 20 • 6:30pm – 9:00pm

HALIFAX PENINSULA

Halifax Forum

Maritime Hall, 2901 Windsor Street
October 21 • 9:30am – 12:00pm & 6:00pm – 8:30pm

Highland Park Junior High

3479 Robie Street
October 22 • 6:00pm – 8:30pm

CLAYTON PARK & FAIRVIEW

Saint Benedict Parish

45 Radcliffe Drive
October 23 • 6:00pm – 8:30pm

Fairview Legion

50 Hillcrest Street
November 4 • 3:00pm – 5:30pm

Space is limited, so call early to ensure a seat. Snacks will be provided.

To register, or if you have special requirements, contact us at **902-487-0652**.



Study identifies 8 DNA variants in coffee drinkers

Java genes. Harvard research indicates four are associated with how caffeine works as a stimulant and how the body breaks it down



Genes and coffee-drinking are closely linked. iStock

How much coffee do you drink every day? One cup in the morning? Or do you gulp it all day?

Scientists have long known that your DNA influences how much java you consume. Now a huge study has identified some genes that may play a role.

Their apparent effect is quite small. But variations in such genes may modify coffee's effect on a person's health, and so genetic research may help scientists explore that, said

Marilyn Cornelis of the Harvard School of Public Health. She led the research.

The project analyzed the results of about two dozen previous studies with a combined total of more than 120,000 participants. Those participants had described how much coffee they drink a day, and allowed

their DNA to be scanned. The new study looked for minute differences in their DNA that were associated with drinking more or less coffee.

Researchers found eight such variants, two of which had already been linked to coffee consumption.

Four of the six new variants implicate genes that are involved with caffeine, either in how the body breaks it down or in its stimulating effects, the researchers said in a paper released Tuesday by the journal Molecular Psychiatry.

The two other newly implicated genes were a surprise because there's no clear biological link to coffee or caffeine, Cornelis said. They are instead involved with cholesterol levels and blood sugar.

THE ASSOCIATED PRESS



Signing the future 'hello'

A prototype of Japanese electronics company Toshiba's female android Ms. Aiko Chihira performs sign language to a visitor during the annual CEATEC Japan advanced technologies show in Chiba. The robot features smooth gestures and expressions, giving a self-introduction to visitors. Exhibitors used such attention-grabbing gadgets to showcase their technology and stand out at the event that began Tuesday.

KOJI SASAHARA/THE ASSOCIATED PRESS

Delaware

Girl accidentally brings heroin to daycare

A four-year-old girl mistakenly took about 250 heroin packets (an estimated four grams) to her daycare centre Monday and began passing the packets to classmates, thinking they were candy, Delaware State Police said Tuesday.

Any kids who received the heroin packets went to the hospital as a precaution, but no packs were opened and all children were examined and released.

Police say the child brought the heroin to the centre when her mother gave her a different backpack because the girl's regular one had been ruined by their family pet.

The girl's mother, Ashley Tull, 30, was charged on three counts of child endangerment and maintaining a drug property. She was arraigned Monday in Justice of the Peace Court and released on a \$6,000 bond.

THE ASSOCIATED PRESS



EBOLA OUTBREAK THREATENS LIVES

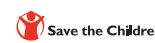
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Rio4 SX with Navigation shown² hwy / city 100km³: 5.3L/7.3L

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Rio5 SX shown² hwy / city 100km³: 5.3L/7.3L

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Forte SX shown² hwy / city 100km³: 5.3L/8.0L

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Sportage SX AT Luxury AWD shown¹

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Optima SX Turbo AT shown¹

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Rondo EX Luxury 7-seat shown¹

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Driven to distraction by voice-activated gadgets?

Studies. Hands-free devices meant to cut down on distracted driving may be doing more harm than good

Just because you can talk to your car doesn't mean you should.

Two new studies have found that voice-activated smartphones and dashboard infotainment systems may be making the distracted-driving problem worse instead of better.

The systems let drivers do things like tune the radio, send a text message, or make a phone call while keeping their eyes on

the road and their hands on the wheel, but many of these systems are so error-prone or complex that they require more concentration from drivers rather than less, according to studies released Tuesday by the AAA Foundation for Traffic Safety and the University of Utah.

One study examined infotainment systems in some of the most common auto brands on the road: Chevrolet, Chrysler, Ford, Hyundai and Mercedes. The second study tested the Apple iPhone's Siri voice system to navigate, send texts, make Facebook and Twitter posts, and use the calendar without handling or looking at the phone. Apple and Google are work-

ing with automakers to mesh smartphones with infotainment systems so that drivers can bring their apps, navigation and music files into their cars.

Apple's Siri received the worst rating, 4.14. Twice test drivers using Siri in a driving simulator rear-ended another car.

Chevrolet's MyLink received the worst rating, 3.7, among the infotainment systems. Infotainment systems from three other automakers Mercedes, Ford and Chrysler also were rated more distracting for drivers than simply talking on a handheld cellphone. Most of the cars were 2013 model year vehicles.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
89.52¢ (-0.32¢)

TSX
14,576.45 (-166.67)

OIL
\$88.85 US (-\$1.49)

GOLD
\$1,212.40 US (+\$5.10)

Natural gas: \$3.94 US (+\$0.03)
Dow Jones: 16,719.39 (-272.52)



Stormy days for workers in Romania

A Romanian worker holds a megaphone during a protest by trade unionists from all over Romania, Tuesday in the capital of Bucharest. Thousands joined a protest demanding changes to the employment legislation, which, according to the trade unions, gives excessive powers to employers and offers very limited means for negotiating working conditions to the employees. The Sanitas health trade union says 30,000 doctors and nurses have left Romania in recent years due to low salaries and underfunding. Junior doctors earn 200 euros (\$260 US) a month. Unofficial payments and bribes to health-care staff are common.

VADIM GHIRDA/THE ASSOCIATED PRESS

Bees. Pesticides linked to deaths of bees could have 'massive impact' on nature

The widespread use of neonicotinoid pesticides by Ontario farmers, which has been linked to the deaths of bees, could have a "massive impact" on our ecological system, the province's environment watchdog warned Tuesday.

"All the science is not done, but everything that I have before me ... suggests to me that this is the biggest threat to the structure and ecological integrity of the ecosystem that I

have ever encountered in my life, bigger than DDT," said Environmental Commissioner Gord Miller as he released his annual report.

Dichloro-diphenyl-trichloroethane was banned in Canada in 1972 because of environmental and safety concerns, and even Environment Minister Glen Murray admitted the neonicotinoid class of pesticides is "much more toxic" than DDT.

THE CANADIAN PRESS

Report

The True North, strong ... and slow to embrace tech

Some of North America's most influential online companies warn that Canada is losing its international edge on the Internet because businesses are slow to take up digital technology.

The Internet Association points out the contribution Internet companies in Canada make to the economy continues to be far below that of other G20 countries.

THE CANADIAN PRESS

Wal-Mart Stores Inc.

Always low prices. But not always health insurance

Wal-Mart Stores Inc. plans to eliminate health insurance coverage for some of its part-time U.S. employees in a move aimed at controlling rising health-care costs of the nation's largest private employer.

Wal-Mart told The Associated Press that starting Jan. 1, it will no longer offer health insurance to employees who work less than an average of 30 hours a week.

THE ASSOCIATED PRESS

MATH: THE NOBELIST OF PURSUITS

It's Nobel prize season again, the time of year that reminds us of the good things that can happen if we stick with math.

This year's physics prize winners include the three guys from Japan who invented LED lights, which have had an instant and illuminating impact on our world.

Each scientist gets a cool eight million kronor (about \$1.1 million), while a grateful planet gets a vastly more efficient lighting technology that just screws into the old one.

LED (an acronym for light-emitting diode) lights last 10 times longer than fluorescent lights and 100 times longer than bad old Thomas Edisons. This is significant because one-quarter of the world's electricity goes to lighting.

LED lights have already taken over about 10 per cent of the lighting load, and the Lighting Research Center (you knew there would be one of those) estimates that will increase to 30 per cent



JUST SAYIN'
Paul Sullivan
metronews.ca

when the price comes down.

That's good for a few billion tonnes of greenhouse gas.

Last year's physics prize was pretty cool, too — it recognized the discovery of the elusive Higgs boson, one of the elemental particles of the universe, tracing its lineage back to the Big Bang. But you need Carl Sagan to explain what the little guy actually does, and, unfortunately, Carl's no longer with us.

The LED light, on the other hand, is conveniently available at your local Canadian Tire store. Not only does it last 10 to 100 times longer than an old-fashioned bulb, it costs 10 to 100 times more. But you just screw it in the socket and forget about it. It's a race to see what lasts longer, you or your light bulb.

This is obviously a problem, and someone in the lighting industry is going to have to figure out how you make money from

something that lasts forever. Right now, the generally accepted North American business plan is for cheap stuff that falls apart in three years.

Still, the LED reminds us of the power of science and technology to change the world, just like that. Just when you think the grid is overextended and ready to blow the mother of all fuses, a scientist finds a way to increase capacity by 10 to 100 times.

The idea that science will save us is not popular these days among the children of Hollywood, who have been raised on the notion that science will kill us if we're not careful. Funny, but the technology-driven apocalypse is a lot more believable with the discovery of digital special effects. Some math nerd could win both a Nobel and an Oscar, but end up turning us against technological progress. Oh, the irony.

So the LED prize comes at a crossroads in human evolution. As curiosity and freedom of thought are all under assault by people who flunked math, it's a timely reminder that on its good days, science rules.

Now, if only we can figure out what to do with a Higgs boson.

Metro Bitstrips caption contest

Today's winner:
Kyle Sherman



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Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here and you'll be able to check out the runners-up by scanning the cartoon with your Metro News app.

Bitstrips

MetroTube



'Holy mother of muumuu!'



ANDREW FIFIELD
andrew.fifield@metronews.ca

David Schulze and his wife were driving through Mer Rouge, Louisiana, this weekend, when they came across a tractor trailer — carting a crane for good measure — stalled on the train tracks while the warning bells wailed. What happened next is fairly predictable. According to KNOE TV, the truck's driver escaped in time. However, two railroad employees were injured in the crash and are recovering in hospital. (David Schulze/YouTube)



ISTOCK

Twitter

A town in Alberta has decided to uphold its 109-year-old ban on alcohol. What would you banish from your city for a century?

@piemagjess: Racism... is that asking for too much?

Join the conversation @metropicks

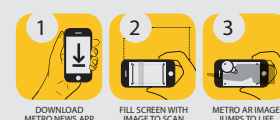


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In this issue, you can find AR enhancements on page 16 in Scene and page 20 in Life.

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3. Voilà! You should see the AR in action.



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Dropping the gavel on truth and justice at the movies

You judge 'em. Legal films deliver some memorable movie lines



IN FOCUS
Richard Crouse
scene@metronews.ca

"My father's a lot of unpleasant things. A murderer's not one of them."

That's how Robert Downey Jr. describes his father, the titular character in this weekend's legal thriller *The Judge*. Robert Duvall plays the irascible old judge, who, when accused of vehicular manslaughter, must reluctantly rely on his estranged lawyer son for a defence in court.

While he's on the bench, he's a nonsense justice who doles out old-fashioned common sense along with his judgments. In one case, he makes a deadbeat dad hand over his brand-new truck to his ex-wife, joining a long list of movie magistrates who have meted out law and order on the big screen.

Everyone re-

members Fred Gwynne as My Cousin Vinny's Judge Chamberlain Haller — his classic question, "What is a yoot?" may be one of the most famous movie lines delivered from the bench — but how about Judge Doom, the much feared judge of Toontown?

As played by Christopher Lloyd in *Who Framed Roger Rabbit*, he presides over a town of cartoon characters, punishing lawbreakers with the dreaded Dip, a bubbling vat of turpentine, acetone and benzene that "erases" them. His mission is to pin the

murder of Marvin

Acme on Roger Rabbit. "I'll catch the rabbit, I'll try him, convict him and execute him!"

Everyone has heard the term "judge, jury and executioner," but Judge Dredd adds one more title, police

Robert Downey Jr.
CONTRIBUTED



Scan this image with your Metro News app to watch the trailer for this thriller starring Robert Downey Jr. and Robert Duvall. CONTRIBUTED

Youth must be served

"What is a yoot?"

Judge Chamberlain Haller's classic line in *My Cousin Vinny*

officer. Set in 2080, this Sylvester Stallone movie sees the justice system boiled down to Street Judges who enforce the laws and dole out instant justice. When Joseph Dredd is convicted for a crime he didn't commit, he

must prove his innocence. "The evidence has been falsified! It's impossible! I never broke the law, I AM THE LAW!"

Finally, a more conventional judge is seen in *Anatomy of a Murder*, the 1959 Otto Preminger film about an army lieutenant accused of murdering a bartender who attacked his wife.

The all-star cast — defence attorney James Stewart, George C. Scott as the prosecutor, Ben Gazzara and

Lee Remick as the defendant and his wife — was presided over by real-life lawyer Joseph N. Welch as Judge Weaver.

Welch made several pictures, but is best remembered as the attorney who represented the Army in the McCarthy hearings and scolded the Communist-hunting senator with the famous words, "Have you no sense of decency, sir?" when he verbally attacked a member of Welch's law firm.

TOP SIX @ 6 Weeknights at 6 Jillian counts down the HOTTEST songs of the day

- 6 Jeremih ft YG Don't Tell 'em
- 5 Jessie J, Ariana Grande & Nicki Minaj Bang Bang
- 4 Shawn Mendes Life of The Party
- 3 Meghan Trainor All About That Bass
- 2 Taylor Swift Shake It Off
- 1 Nicki Minaj Anaconda

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Queen Elizabeth ALL PHOTOS: GETTY IMAGES

Palace staff who love dating apps left to Tinder mercies of the Queen

This had to be an awkward security briefing. Queen Elizabeth is reportedly “deeply concerned” about safety at Buckingham Palace since so many of her staff are having overnight guests that they met through dating apps like Tinder and Grindr, according to the Daily Mail. “There are real and serious security concerns at Buckingham Palace about members of staff

use of dating apps such as Tinder, which can be rather sleazy,” a source says. “The palace police are particularly unhappy about the number of guests of servants staying overnight, especially when they may have only just met.” I wish someone had been using a hidden camera when a staffer had to explain to the Queen about Grindr and Tinder.

The Word



Shame is yours, not mine: JLaw



NED EHRBAR
Metro in Hollywood

Jennifer Lawrence is finally speaking out about the nude photo-hacking attack to which she and several other female celebrities fell victim.

And as usual, Lawrence has some pretty awesome things to say: “I was just so afraid. I didn’t know how this would affect my career,” Lawrence tells Vanity Fair. “Just because I’m a public figure, just because I’m an actress, does not mean that I asked for this. It does not mean that it comes with the territory. It’s my body, and it should be my choice, and the fact that it is not my choice is absolutely disgusting. I can’t believe that we even live in that kind of world.”

There’s a reason it took

her this long to speak out, as the violation of privacy was pretty tough to get over. “Every single thing that I tried to write made me cry or get angry,” Lawrence says. “I started to write an apology, but I don’t have anything to say I’m sorry for. I was in a loving, healthy, great relationship for four years. It was long distance, and either your boyfriend is going to look at porn or he’s going to look at you.”

Which leads to one of the key points Lawrence so eloquently makes: Those photos aren’t for you.

“It is not a scandal. It is a sex crime. It is a sexual violation,” she says. “Anybody who looked at those pictures, you’re perpetuating a sexual offense. You should cower with shame. Even people who I know and love say, ‘Oh, yeah, I looked at the pictures.’ I don’t want to get mad, but at the same time I’m thinking, I didn’t tell you that you could look at my naked body.”



Michelle Williams

Now life will no longer be a Cabaret, Michelle puts Brooklyn home up for sale

If anybody’s looking for a swanky Brooklyn townhouse, Michelle Williams is all done with hers. The Oz the Great and Powerful star is putting the six-bedroom property on the market for \$7.5 million, according to Radar Online. The ridiculous-

ly well-appointed home also has rustic hardwood floors, a library, 4.5 bathrooms — one with a claw-foot tub, even — a partially covered backyard patio and a three-car garage. All it needs is a hot tub and it could be the next Real World house.

Twitter



@amandabynes

I’m transferring to NYU or Columbia from FIDM to study psychology, so you’ll see me in New York if you live here but I HATE stalkers!



@JoJoistheway

I need to not fall asleep with the news on,...



@rickygervais

I can’t think of anything remotely interesting to tweet.

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How-to

Never sacrifice style for comfort — and vice versa

1. Wrinkle-free trousers and chinos are more stylish and more comfortable than denim.
2. Go with fabrics that breathe so you perspire less. Synthetic fabrics also tend to absorb odours.
3. Sweatpants and other athletic wear can tend to look sloppy.
4. Roll up jackets for the overhead bin. To keep blazers clean, turn them inside out and fold them shoulder into shoulder before rolling them up.
5. Darker colours won't show dirt/spills as much.
6. Keep jewelry to a minimum. Elaborate earrings can make sleeping less comfortable.
7. Opt for simple slip-ons over lace-ups or high heels. And please wear your shoes to the lavatory!

DOUG WALLACE/METRO

Trend

Accessible airport lounges

Departure lounges aren't just for the elite. Hourly-fee lounges are cropping up to offer free snacks and beverages, Wi-Fi, work stations, conference rooms, private nooks, concierge services, showers, etc. The Airspace Lounge at JFK, Baltimore-Washington, Cleveland and San Diego lets passengers rest or work in comfort for \$20. The Club at ATL in Atlanta, Dallas, Phoenix and San Jose offers day passes for \$35. The Centurion Lounges by American Express (free for Platinum cardholders, \$50 for most AmEx cardholders) have set up shop in LaGuardia, Dallas and Las Vegas.

TEXT: DOUG WALLACE, PHOTO: AMEX



Deal

Posh skiing for less in Colorado

The Arrabelle at Vail Square in Vail, Colorado, has 60 per cent off winter rates if you book a minimum of six nights by November 21 for travel between March 12 and 21. This is for one- to three-bedroom residences only, and breakfast is included. Just steps from one of the lifts, the Arrabelle has a healthy dose of old-school, European ski-chalet charm. Keep an eye out for the ubiquitous celebrities. Call Merit Vacations to book at 800-268-5940.

TEXT: DOUG WALLACE, PHOTO: VAIL RESORTS



Oktoberfest. Raise your glass to these unique brew spots



Bucket list breweries

- Largest brewery. The Golden Brewery, Colorado
- Oldest brewery. Bavarian State Brewery, Weihenstephan, Germany
- Most remote brewery. Easter Island
- Smallest brewery. Bragdy Gwynant, Wales

For those unable to make it to the Kitchener-Waterloo, Ont. Oktoberfest — the second largest Oktoberfest in the world — Cheapflights.com rounds up a collection of unique breweries around the world. Cannabia is all about beer made with hemp. Since 1996, a town called Neunkirchen in Germany has been producing suds brewed with organic Pilsner and hemp to bring the term beer buzz to a whole new level. The weirdest brewery in the world has to be in Newport, Ore., where bottles of brewsky are made from human hair — male facial hair. Beard Beer harvests beard hair — a viable source of yeast — to produce suds. Then there's the coldest and northernmost brewery. Ice Cap Beer is produced in Greenland and made with melted ice from a 2,000-year-old iceberg. Oktoberfest in Kitchener, Ont. runs from Oct. 10-18th. AFP

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Analysis



French Polynesia and the islands of Moorea and Bora-Bora are a luxury indulgence for the 50+ crowd. PETER REMUS

Trips for every stage of life



ON THE MOVE
Loren Christie
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There are limitless holiday options around the world. Here are some suggestions to help you narrow down that list to a lifetime of amazing and age appropriate vacations.

In your 20s

Take a few risks, go to places that aren't family friendly, stay up all night and be totally self-indulgent. Ibiza is Europe's best known wild-party spot. You will also want to give a woot-woot to Mardi Gras in New Orleans or Sydney and the Full Moon Party in Koh Phangan, Thailand. Challenge your fears and head to New Zealand, the world's headquarters for adventure and extreme sport. Go rafting, bungee jumping or underground

glow-worm caving.

In your 30s

You may need a holiday from your young kids, but one that won't break the bank and is a step above backpacking. Consider Europe's lesser known gems; instead of Paris in the summer do Ljubljana, the capital of Slovenia, in the fall. Other affordable and charming destinations include Portugal, Romania and Estonia. If you prefer a sun holiday, hit an up-and-coming destination like El Salvador.

In your 40s

This is the time in your life where you either want a stress-free easy vacation with the family or you crave an adventure where your clan can bond. For Option 1, check into an All-Inclusive. This is the cake-mix vacation: All the ingredients you need are there, just add sunblock. Option 2, head to Southeast Asia where you will encounter fascinating cultures, friendly people and incredible history. Explore the incredible temples of Cambodia's Angkor Wat, take a bike trip around

Vietnam's Mekong Delta, or get your whole family to volunteer at an elephant orphanage in Thailand.

In your 50s

The kids are hopefully gone and it's time to spend some hard-earned money. For those inclined to adventure, take that once-in-a-lifetime safari. Kenya's varied topography and fine-tuned tourist industry make it a great choice. Or splash out and head to paradise: French Polynesia and the islands of Moorea and Bora-Bora. Celebrate midlife with your spouse in one of the world's ultimate romantic destinations.

In your 60s

Retirement is here, and now is the time for a longer holiday. Tackle a large and fascinating country like Australia. Consider booking some time on the Ghan train, which will take you through the Outback from Adelaide to Darwin. Or if you've already visited European capitals like London or Paris on previous travels, head back for a more in-depth look at an entire country.

Bucket List. The Savoy

Nothing like a short stay at London's quintessentially British Savoy Hotel to get a firm grip on what perfect English hospitality is all about. From the moment you step out of the cab to the minute you say "Cheerio," you will feel like the VIP you really are. Gorgeous rooms (particularly in the art deco part), beautiful lounges and conference rooms, postcard views of the Thames —

it's all here. The American Bar is such an icon you may find yourself actually pretending to be American to bask in the glow. What most people don't realize is that the Savoy is a Fairmont, so you can use your President's Club card for perks/points. A reservation at Gordon Ramsay's Savoy Grill is a must. Have the grouse. Visit Fairmont.com/Savoy. **TEXT AND PHOTO: DOUG WALLACE/METRO**



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Building the pillars of education in Ecuador

Voluntourism. Donate more than money while learning about different cultures as you pick up new skills — like bending rebar and hand-mixing cement

VAWN
HIMMELSBACH
life@metronews.ca

It's a winding eight-hour bus ride across the Andes, where you feel the effects of the altitude and bone-chilling cold.

After a motion-sickness-inducing descent into the Amazon basin, you then catch a motorized canoe for half an hour on the Rio Tinto, before being dropped into an environment that has tarantulas and snakes and sometimes 40-plus-degree heat. And this is after a full day of connecting flights from Canada to Quito, Ecuador.

All to get here: Minga Eco Lodge.

It's the definition of remote, deep in the Amazon. This is the newest destination in Me to We's Volunteer Adventure offerings,

Quoted

"Growing up, my mother always said how lucky we are to have what we have. I thought I knew what that meant, but when I got (to Ecuador), I realized I didn't."

Program participant Alberto Valdes, whose mother came from Ecuador

allowing volunteers to work alongside the Amazonian people and learn about the challenges they face.

"This isn't a luxury paradise vacation, but what you will get out of this is the satisfaction of knowing ... you've been able to give someone something that's greater than money — and that's your time," said Lauren Ott, manager of executive projects with Free the Children.

I'm tagging along with a group of seven Aimia employees on a corporate-sponsored trip to help build a school in the nearby village of Bella Vista Baja. Aimia is a loyalty management company that owns Aeroplan and supports a range of charitable endeavours from donations to employee volunteer activities (for this trip, employees had to apply for a spot by writing an essay).

Alberto Valdes, a manager at Aimia, wanted to come here because his mother is Ecuadorian.

"Growing up, my mother always said how lucky we are to have what we have," he said. "I thought I knew what that meant, but when I got (to Ecuador), I realized I didn't."

Valdes made a sacrifice of his own to be here: His wife is seven-and-a-half months pregnant. Being cut off from the outside world — there's no Internet and no cell coverage, either — is challenging, but he wants to be able to share these stories with his kids so they're aware of important issues from an early age.

There are no roads here. Instead, we hop in a motorized canoe to get to Bella Vista Baja, a community where the only source of



The view from Minga Eco Lodge. PHOTOS: VAWN HIMMELSBACH/METRO



Participants had to cut, form and bind rebar to build pillars that will hold up a school in Bella Vista Baja, Ecuador. Scan this photo with your Metro News app to see more images.

"clean" water is from a hose that comes up out of the ground in the middle of the school playground. There's only one toilet in the entire

community, which belongs to the wealthiest family.

"Many of the indigenous people not only feel forgotten, but their infrastructure

is very lacking," said Ott. In the past, non-profits would come to areas like this with an attitude of "build it and they will come."

But without community consultation, they built things and no one came. Outhouses became sheds; wells dried up.

Me to We's model is different, in that it requires sitting down with community leaders (not once, but six times) to find out what they need, rather than telling them what they need.

The community is also required to either pay or supply the resources for 10 per cent of every project.

"Our hope is within five or six years we're able to leave the community and they're fully sustainable," said Ott.

In Bella Vista Baja, we're helping to build a school, alongside a crew made up

Finding their focus

"We wanted to create our own identity in the business-scape of Canada," said Alden Hadwen, Aimia's head of community engagement. So Aimia ran focus groups with members to find out what makes life meaningful for them, which has resulted in partnerships with not-for-profit organizations such as Free the Children, among others.

- **Members.** Can donate miles to various causes; Aeroplan also donates miles or matches miles. To date, 385 member miles have been donated, and Aeroplan has contributed close to 100 million miles.
- **Parents or grandparents.** Can redeem miles for a certificate that can help a young person go on a Me to We Volunteer Adventure.

of locals. We cut, form and bind rebar to build, quite literally, the pillars of education.

Cement (mixed by hand) will be poured over the rebar to create pillars that will hold up the school. It's back-breaking work without machinery.

It will take six to seven months to complete one school, so our group will be one of many helping to make that happen.

But, "it's more than bending rebar all day," said Ott.

"It's taking the time to show someone that they're important enough that you took the time to meet them and learn their name."



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In the event of an event, follow these golden rules for getting yourself out there

They want you. When you show up to any job fair, remember the reason it's being held

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Networking has the ability to make people cringe. Just walking up to someone and starting a conversation can be blush-inducing and might even seem unnecessary. Why not save yourself the embarrassment and just find them online and send them an email?

It's not possible to emphasize enough just how important human contact is when it comes to job-hunting. The great part about recruitment events is that the networking opportunities need not be so daunting.

The one golden rule to networking at a recruitment event is to remember this fact: Every single recruiter at any recruitment event is there because they want to



Go ahead and tell recruiters what you like about their company's job-fair booth. That will show that you're paying attention, and aren't afraid to share your thoughts. ISTOCK

Making contact

Don't forget to swap info with company recruiters:

- Trade their business card for your business card, a resumé and a cover letter. This is a really good way to end a conversation that you think went well, and if you followed the tips listed at right, then the recruiters will likely remember you and therefore need a way to get in touch with you later.
- Following up after a promising conversation is an obvious way to get out in front of the crowd. Doing so might just get you on the path to a career.

talk to you, maybe even hire you.

Sounds a bit like a no-brainer, right? Wrong. You'd be surprised how many people choose to avoid a recruitment event because they're concerned about networking. Just keep the following tips in mind.

Ask questions about the company and their rep

The best way to leave a great impression on someone is to ask them questions about themselves. This definitely applies at a recruiting event, too. After you've introduced yourself to the campus recruiter, ask them:

Itching to engage

Every single recruiter at any recruitment event is there because they want to talk to you, maybe even hire you.

- What brought them to work for this company?
- If they did post-secondary education, what kind did they do, and what was their specialty?

- What's their favourite part of the job?
- Which company office are they from?

Don't forget to ask key questions about the company:

- What kind of students are they looking to attract at this recruitment event?
- What do their available positions entail?
- How long does the application process take (so you know when to apply)?

Let them know what you like about their booth

Employers love feedback about this kind of stuff as it lets them know what parts of their recruitment strategy are catching the eyes of people like you.

Try to say something a little more engaging than just commenting on the free stuff (even if that is the reason you like their booth). Find something to talk about that shows that you're attentive and perceptive.

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Stuffing takes on turkey with a twist

Alternative Thanksgiving week.
The combination of broccoli and wild rice shake up your holiday stuffing



DINNER EXPRESS
Emily Richards
food@metronews.ca

With Thanksgiving around the corner you may be thinking about what to enjoy with family and friends.

When inviting guests during the holidays, you may need to take into account some dietary restrictions, and it's always nice when flavour doesn't have to suffer.

Bread stuffings for turkey are very popular and certainly tasty, but with many gluten intolerances, that may not be on your list this year.

This unique twist on a stuffed turkey includes a wild rice stuffing with colourful broccoli and crunchy water chestnuts to give it an Asian-inspired taste for the table. With a little heat in the marinade, the flavours sing out.

Using rice as a stuffing idea makes this a versatile option for gluten-free family members who really do enjoy a stuffing.

1. In a large non-stick skillet, heat oil over medium heat. Add garlic and ginger and cook for 1 minute. Add



This recipe makes eight servings. EMILY RICHARDS

broccoli and red pepper and cook for 3 minutes or until beginning to soften.

Add rice and water chestnuts and cook for 2 minutes or until warmed through. Remove from heat and add 2 tbsp (30 ml) of the tamari

sauce, 1 tbsp (15 ml) of the vinegar and stir to combine. Let cool completely. Stir in egg white.

2. Using chef's knife, slice turkey breast horizontally in half almost all the way

through.

Open like a book and using meat mallet, pound turkey to about 1 inch (2.5 cm) thick.

Spread rice mixture over turkey breast. Roll up jelly-roll-style and using kitchen

string, tie roll in 2-inch (5 cm) intervals. Place in shallow small roasting pan.

3. In small bowl, whisk together remaining tamari sauce, rice vinegar and Asian chili paste. Pour over

Ingredients

- 1 tsp (5 ml) sesame oil
- 4 cloves garlic, minced
- 2 tbsp (30 ml) minced fresh ginger
- 1 cup (250 ml) chopped broccoli
- 1/2 red bell pepper, finely diced
- 2/3 cup (160 ml) cooked wild rice
- 1/3 cup (80 ml) water chestnuts, drained and diced
- 3 tbsp (45 ml) sodium-reduced tamari sauce
- 2 tbsp (30 ml) rice vinegar
- 1 egg white
- 1/2 tsp (2 ml) Asian garlic chili paste or Tabasco sauce
- 1 large boneless, skinless turkey breast (about 2 lb/1kg)

turkey breast, turning to coat all over.

Cover with plastic wrap and refrigerate for at least 1 hour or for up to 4 hours.

4. Roast in 325 F (160 C) oven for about 1 hour and 30 minutes or until meat thermometer reaches 180 F. Let stand 10 minutes before slicing into 1/2 inch (1 cm) thick slices.

Tip: If you want to use just the stuffing, simply make it as in the recipe and bake in a small casserole dish, covered in a 350 F (180 C) oven for about 20 minutes to heat through and cook the egg.

To cook wild rice, boil in salted water for 30 to 40 minutes or until tender but firm. The rice will have "popped" a bit during cooking.

PHOENIX NUTCRACKER LUNCHEON

It's never too early to start planning your holiday event. Celebrate together with your community at the Phoenix Nutcracker Luncheon.

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Crest Sensi-Relief Whitening plus Scope Toothpaste soothes nerves to relieve pain in your teeth. It builds protection against sensitive tooth pain, providing clinically proven sensitivity relief, using the great taste of Scope for minty fresh breath.

Crest and Oral-B Sensi products are available at Shoppers Drug Mart. For more information, please visit crest.com/en-CA/ or facebook.com/crest.



DON'T BE LEFT OUT IN THE COLD THIS WINTER

THE BEST DEFENCE AGAINST YOUR SENSITIVE TEETH

You may think that drinking an ice cold or piping hot drink causes it. Or maybe a big breath of cold winter air. But the painful reaction you have when you expose your sensitive teeth to extreme temperatures is the outcome, not the cause.

What causes your teeth to experience that uncomfortable twinge?

"Vital teeth are alive with nerve and blood supply to the teeth, so they respond to sensory stimuli such as hot, cold or pressure," says Dr. Janet Tamo, a Toronto dentist.

Hard brushing and certain sugary or acidic foods will affect the structure of the tooth and leave it vulnerable so that cold sensations have a pathway to the nerve, which will then cause pain.

Many people avoid exposure to cold drinks and foods, knowing that it may aggravate the sensation of discomfort. However, it's not just what you drink or eat.

"Even breathing in cold air while outside or in a cold hockey arena can aggravate the situation," Tamo says.

For some adults, the pain may only be occa-



SHUTTERSTOCK

sional, but for many others, it can be chronic. And avoiding the unwelcome sharp pain associated with sensitive teeth can seriously interfere with their lifestyle and eating habits, causing them to stay away from certain drinks, food or even cold-weather activities that can set off the discomfort.

No one wants to be left out when it comes to winter activities. So Crest has developed Crest Sensi, a new line of products specially formulated to help with sensitive teeth. And Crest has partnered with National Hockey League Stanley Cup champion and Sochi Olympic gold medallist Martin St. Louis and his wife, Heather, to introduce these new products to Canadians, just in time for winter.

If you suffer with sensitive teeth, find out more about what you can do by talking to your dentist or hygienist. And switch to products that will help ease the pain so you can get out and play this winter.

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*Limit one coupon per purchase. Coupon must be presented at time of purchase along with your personal Shoppers Optimum Card®. All products must be purchased within the same transaction. Maximum of 500 Shoppers Optimum Bonus Points® per coupon. Excludes RBC® Shoppers Optimum® MasterCard® points and points associated with the RBC® Shoppers Optimum® Banking Account. Cannot be used with any other coupon or e-coupon offer or promotion. No facsimiles. Offer valid until December 31, 2014, while quantities last. No rainchecks. EXPIRY: December 31, 2014. CASHIER: SCAN THE BAR CODE ON THE COUPON AS A REGULAR PRODUCT AND RETAIN THE COUPON AFTER USE.



What Nikolaj Ehlers did at camp this summer

Leading by example.
Dane brings lessons learned in Winnipeg back to Halifax



KRISTEN LIPCOMBE
kristen.lipcombe@metronews.ca

Nikolaj Ehlers admitted something sort of special Tuesday.

"I missed the boys a little bit," the dashing Dane said with a slight smile, after his first practice back with the Halifax Mooseheads at the Scotiabank Centre.

The 18-year-old forward flew in Sunday night following fall rookie and training camps with the Winnipeg Jets. The Aalborg, Denmark, native is the final NHL camp attendee to return to the Herd roster, and is expected to help get the lineup back in order and turn around what has been a tough start to the year.

The Moose have lost three games straight, including two shutouts, and have a 2-4-0-1-1 record so far this season.

"Last year, when we had to start the season, we were missing a lot of players and we had the same amount of points as we do now, in the first eight games," Ehlers said. Halifax is currently in fifth place of



Mooseheads forward Nikolaj Ehlers was back on the ice for practice Tuesday at the the Scotiabank Centre after returning from training camp with the Winnipeg Jets. JEFF HARPER/METRO

the Maritimes Division in the Quebec Major Junior Hockey League.

"We have a lot of new players, we have some injuries, (but) everybody's back from the camps now," he said. "We can finally go back to where we should have been from the

beginning."

Ehlers said he learned a lot from Jets veterans such as forwards Andrew Ladd and Mark Scheifele, including taking care of "small details" on the ice and leading by example off the ice.

"Come back in the zone with the stick on the ice ... shorter shifts, stuff like that," he said.

Ehlers, who scored 49 goals and had 55 assists for 104 points in 63 games played last season, was named alternate captain this year, along with defenceman Austyn Hardie,

while forward Ryan Falkenham is captain.

"The way I'm going to show myself as (a) leader, is to go out there, play hard every single game (and) be a good character on and off the ice," he said.

Despite getting sent back down by the NHL franchise, Ehlers was focused while still having fun on the ice Tuesday alongside his major junior teammates.

Selected ninth overall in the 2014 NHL Entry Draft, Ehlers remains determined to up his individual game.

"Obviously I wanted to

Next up

The Mooseheads host the Charlottetown Islanders Friday at the Scotiabank Centre at 7 p.m. The last time the two teams faced off, Halifax edged Charlottetown 6-6 in overtime on the road.

make the team in Winnipeg this year, but that didn't happen, so I'm happy to be back now (and) play my first game at home this Friday," he said.

Time is of the essence

"When you're in juniors ... sometimes you stay on the ice too long ... and in the NHL that's the way it is: You don't have every single shift to do something." Nikolaj Ahlers

A legend may be finally done, maybe not



Martin Brodeur at what turned out to be his last game with the New Jersey Devils in April in Newark, N.J. BRUCE BENNETT/GETTY IMAGES

The day before the start of another NHL season, Martin Brodeur found himself in the strange position of being out of work.

He hopes it's not a situation he'll be in for long. But despite 21 stellar seasons with the New Jersey Devils that included three Stanley Cup titles and an NHL-record 688 wins, the 42-year-old goaltender knows his time in the NHL may have come to an end.

Still, Brodeur has been keeping in shape this week, training with Quebec Major Junior

Hockey League's Gatineau Olympiques, where his son, Anthony, is a goalie.

"It means a lot (to train with Anthony)," Brodeur said.

Coming to Gatineau has allowed him to maintain his training and spend quality time with his oldest son.

Brodeur was in Mississauga, Ont., last week catching up with younger son Jeremy, who is a goaltender for the Oshawa Generals of the Ontario Hockey League.

Brodeur is the NHL's all-time leader in regular season wins,

losses, shutouts and games played, and holds numerous other league and franchise records. A four-time Vezina Trophy winner, Brodeur is the only goalie in NHL history with eight 40-win seasons.

Brodeur would have liked to have already signed with a team, but understands organizations likely want to get a good look at younger prospects.

"Hopefully I'll have an opportunity but if it doesn't happen it's not the end of the world," Brodeur said.

THE CANADIAN PRESS



Rising above in St. Louis

Cardinals first baseman Matt Adams rounds the bases after hitting a three-run home run in the seventh inning against the Los Angeles Dodgers' Clayton Kershaw on Tuesday night in St. Louis. Adams' shot came with the Cards down 2-0 and St. Louis held on to advance to the National League Championship Series with a 3-2 win in Game 4 of the NLDS. DILIP VISHWANATH/GETTY IMAGES

Worth \$37M. Forbes says LeBron James has the top brand value for athletes

Forbes estimates LeBron James has replaced Tiger Woods as the athlete with the top brand value.

The magazine said Tuesday the brand of the Cleveland Cavaliers star is worth \$37 million; the amount of his endorsements and non-basketball earnings exceeds the average of the NBA's top 10. Woods had topped athletes on Forbes' Feb 40 list

each year since 2007.

Nike is estimated to be the most valuable sports business brand, with its worth pegged at \$19 billion. Forbes said the value of the name increases Nike's worth from \$52 billion to \$71 billion.

Forbes estimates the New York Yankees have the most valuable team brand at \$521 million. THE ASSOCIATED PRESS

Tennis

Nadal to play in Shanghai Masters, puts off surgery

Rafael Nadal is counting on antibiotics to control his appendicitis so he can get through the Shanghai Masters this week.

The second-ranked Nadal began feeling pain in his abdomen late Saturday.

He said on Tuesday he chose to try treatment with antibiotics rather than undergo surgery right away. THE ASSOCIATED PRESS

UEFA

Italian football president handed suspension

UEFA banned Italian football federation president Carlo Tavecchio for six months on Tuesday following a racist comment during his election campaign.

"Mr. Tavecchio will be ineligible for any position as a UEFA official," UEFA said in a statement.

He is also barred from the next UEFA Congress in March. THE ASSOCIATED PRESS

New and old Leafs ready for Montreal

Rivalry renewed. Leafs and Habs to meet on opening night, marking the 725th time the rivals will have met in the regular season

Stephane Robidas knows from his 885 career games spanning 14 seasons what it's like to play in the NHL. But that doesn't mean the new Toronto Maple Leafs defenceman is any less excited about playing the Montreal Canadiens on opening night.

"Let's put it this way: This date's been marked on my calendar for a long time," Robidas said.

It'll be the first game in a Toronto uniform for Robidas and the first of a lot of other things Wednesday night. As the Brendan Shanahan era begins in earnest, the new-look Leafs will have just 10 players in their lineup who were there when last season's collapse began.

"We've added almost 10 new guys so you'd expect us to play a little differently and those guys to add something," winger Joffrey Lupul said. "We've made some changes to certain areas of how we play, so I think everyone is comfortable with that."

Along with Robidas, it'll be the first game with the Leafs for veterans Roman Polak, Mike Santorelli and Daniel Winnik. The 37-year-old Robidas could be the most important free-agent addition, given that he's expected to be a top-pairing defenceman with captain Dion



Jonathan Bernier will be the opening night starting goaltender for the Leafs as they play host to the Montreal Canadiens. STEPHEN WHYNO/THE CANADIAN PRESS

Phaneuf.

"I want to be the same player as I was before," Robidas said. "I'm not the saviour, I'm not going to change this whole organization upside-down. We've made a few good changes over the summer, there's a lot of new faces. Younger guys gained experience over the last few years. It's a team game and I want to be a piece of that puzzle."

Perhaps the biggest piece is goaltender Jonathan Bernier, who is set to make his first opening-night start since his NHL debut. That came in 2007 at the age of 19 for the Los Angeles Kings in London, England.

"It's been a while," said Bernier, whose most recent opening-night nod came in the AHL in 2008. "You've got to control your emotion, not too high, not

too low."

In front of Bernier, the Leafs' blue-line features a 21-year-old making his NHL debut in Stuart Percy. With Cody Franson still nursing a knee injury and targeting a potential Saturday return against the Pittsburgh Penguins, Percy is in despite being sent to the minors Tuesday as part of a salary-cap manoeuvre.

"He's done more than we anticipated," general manager Dave Nonis said of Percy. "We thought he would be an option for us 40 games into the season, that maybe another half year with the Marlies before he'd be a guy that was capable of playing. But yeah, he's put himself firmly in the picture, no question about it."

Also making his debut against the Habs is five-foot-eight winger Brandon Kozun,

who made it impossible for management and coaches not to keep him around.

"It's crazy," Kozun said. "It will probably sink in more as we get closer to that game time."

While two new Leafs will make their NHL debuts, opening night nerves extend to veterans like Lupul, who figured even in his ninth season he'd have some trouble sleeping.

"I said to my friends last night: I just can't wait," Lupul said. "It feels like your first game again. Especially this matchup, Toronto-Montreal, opening night of the season in our building. It's pretty cool."

The Leafs host the Habs Wednesday at the ACC in what will be the 725th regular season meeting between the teams.

THE CANADIAN PRESS

50/50. Malkin skates, unconfirmed for opener

Pittsburgh Penguins centre Evgeni Malkin says he may be ready to go in time for Thursday's opener against Anaheim.

The former MVP skated with his teammates for the first time during training camp on Tuesday. Malkin sat out the first two-plus weeks of camp with an undisclosed injury. He called the issue "minor" and said he's in "great shape" but cautioned it's "50/50" on whether he'll be able to skate against the Ducks. THE ASSOCIATED PRESS



Evgeni Malkin
GETTY IMAGES

Lineup shuffle. Dubinsky out, Cracknell claimed

The Columbus Blue Jackets placed centre Brandon Dubinsky on injured reserve, claimed right wing Adam Cracknell off waivers from the Los Angeles Kings and assigned forward Jerry D'Amigo — who cleared waivers — to the club's AHL affiliate in Springfield, Mass.

Dubinsky, who had 16 goals and 34 assists one year ago, was injured in practice on Monday.

Cracknell, a physical 6-foot-2, 210-pounder, was Calgary's ninth-round pick in the 2004



Brandon Dubinsky
GETTY IMAGES

draft and had six goals and 10 assists in 65 games with the St. Louis Blues the last four seasons. THE ASSOCIATED PRESS

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2015 Ford F-150

- **Type.** Two- or four-door full-size pickup truck, with two- or four-wheel-drive
- **Engines.** 2.7-L EcoBoost V6 (325 hp/375 lb.-ft.), 3.5-L V6 (283/255), 5-L V8 (385/387); 3.5-L EcoBoost V6 (365/420)
- **Transmission.** Six-speed automatic
- **Base price.** \$21,399

Market position

Ford may be taking a gamble among traditional truck buyers with its all-aluminum body, but expects the fuel economy and increased capability will win them over. It may start a trend among other manufacturers as well.

Points

- Since the steel frame and aluminum body can't touch without creating corrosion, they're separated by coatings and special fasteners.
- The new frame contains eight crossmembers for strength, one more than before.
- The much-touted "military-grade aluminum" is just a marketing phrase, as there is no such standard.



F-150 offers a 360-degree camera and side-mirror spotlights.

Interesting features

Available LED headlights, power-telescoping trailer mirrors, 360-degree camera, box side steps, integrated tailgate step, stowable loading ramps, self-parking feature, side-mirror spotlights.

Slim, trim and still the boss

PHOTOS: JIL MCINTOSH



Review. The new Ford F-150 has an aluminum body to reduce fuel use and boost its towing and payload capacity

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When an automaker shaves weight off a truck, good things happen. Not only does fuel economy improve, but towing and payload capability increase.

That's the big news at Ford, where its all-new 2015 F-150 has trimmed down by almost 320 kilograms over the previous model.

That's primarily due to an all-aluminum body and box, along with a redesigned steel frame that's also much lighter than before. Although fuel figures aren't yet available, Ford says to expect an improvement of 5 to 20 per cent over the previous model, depending on the engine.

That lighter body also allowed engineers to add an all-new 2.7-litre EcoBoost V6 engine, which uses two small turbochargers to crank out more power than many larger engines when required, but which returns better fuel economy when full grunt isn't needed.

It also features start/stop technology, which shuts off the engine at idle, for even more fuel savings.



The interior is an improvement, but not quite as spectacular as it could be.

Other engine options include two versions of a 3.5-litre V6 — one turbocharged, one not — and a 5.0-litre V8.

You really feel the weight difference when driving. The new F-150 feels agile, acceler-

ates quickly, and brakes faster and better. Maximum towing capacity is now 12,200 lb. (5,533 kg), up from 11,300 lb. (5,125 kg).

The interior is also an improvement over the old model, but it's not quite as

spectacular as it could be, and bears considerable resemblance to its Chevrolet Silverado rival.

What does impress is how much attention Ford paid to the details, offering such standout features as rear doors that open 170 degrees on the SuperCab for easier entry, LED spotlights on the mirrors that can be aimed to light up a campsite or work area, an electric liftgate that can be lowered with a button on the key fob, and a 360-degree camera that helps guide you to your trailer hitch.

It won't be long before the other auto makers chase this revolutionary (not evolutionary) new truck. But, for now, the F-150 is definitely the leader of the pack.

Compare



1 Chevrolet Silverado

Base price: \$26,540

Redesigned for 2014, the Silverado and its sibling, GMC Sierra, feature engines with fuel-saving technologies.



2 Ram 1500

Base price: \$26,995

The Ram is the only light-duty pickup available with a diesel engine and air suspension.



3 Toyota Tundra

Base price: \$27,225

Available with a choice of two V8 engines, the Tundra is built exclusively in Texas.

5 DRIVE

Unveiled this week, the Fiat 500X is not one, but two little SUVs. AFP



Cute goes ute, as Fiat unveils new model X

We've still got a few bugs to work out :)

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Fiat 500 crossover.

Worldwide popularity of retro car encourages auto-maker to expand the range of models

Can Fiat bring the X factor to SUV fans?

The 500X is the latest attempt by Fiat to take its cute and incredibly popular retro-designed city car to more markets, but is it a crossover too far?

The Fiat 500 is seven years old and is a retro-tinged modern take on a car that was launched back in 1957.

Yet the little car is one of the most successful in Fiat's history and is a fixture on most city roads from Paris and Milan to London, Montreal and New York.

In an attempt to build on this ongoing popularity and to make its brand even more appealing, Fiat has been slowly stretching the little car into a brand on its own.

There's the convertible Fiat 500C, the bigger, more family-friendly five-door L version, the highly tuned Abarth racing versions and, now — making its global debut at the Paris Motor Show — there's the 500X, a range of not one,

but two little SUVs, meaning it's twice as likely to be a hit with new customers.

The more rugged of the two models is 2 cm longer, sits well above 18-inch wheels, and can be specified with four-wheel drive and a special traction control system that speeds up the transmission of torque to the rear axle.

Opting for all-wheel drive also gives owners a choice of a 1.4-litre turbo or 2.4-litre petrol engine or a 2-litre diesel unit, each of which powers the wheels via a nine-speed automatic transmission.

But the biggest market will be for the more polished, less rugged version that promises owners the looks without the mechanics of four-wheel drive.

After all, the system for selecting the type of road and weather conditions and how the car should respond is called the Drive Mood Selector.

Still, on the whole, the transition to a crossover has been visually very successful. The car has retained its proportions, and its cheeky, smiling face despite adding two more doors; and some of the interior creature comforts are as good as anything in this category.

AFP

Bright future. California dreaming for solar car

A solar-powered family car completed its drive from Los Angeles to San Francisco fuelled by good vibes and pure California sunshine.

And after turning the heads of gobsmacked onlookers during its journey up California's scenic Pacific Coast Highway, the creators of Stella are dreaming of a day when their futuristic vehicle is a commonplace sight.

The lightweight, wedge-shaped automobile is capable of travelling 800 kilometres on a single charge — farther if the sun is shining — while clocking 130 km/h.

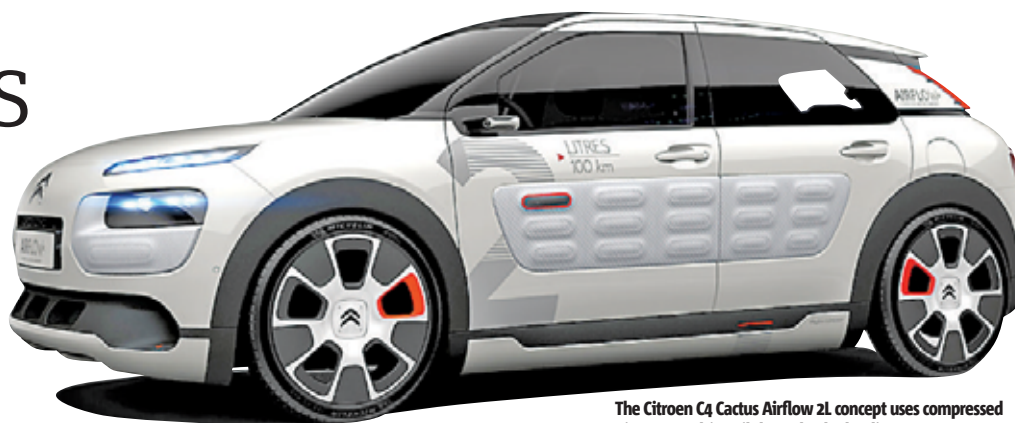
"It was great to see all the

people looking at us; hurrying to get their smartphones out to get pictures while we were driving," said Lex Hoefsloot, manager of Solar Team Eindhoven.

"I think we caused some traffic jams and we were worried some drivers might run into us while trying to take pictures."

Hoefsloot is one of the students at Eindhoven University of Technology in the Netherlands who designed and built Stella in what grew into a school-wide project that won a World Solar Car challenge race across Australia in 2013. AFP

Air-powered cars burst their way onto Paris scene



The Citroen C4 Cactus Airflow 2L concept uses compressed nitrogen to drive oil through a hydraulic motor. CONTRIBUTED

Autopilot. Two vehicles unveiled at Paris auto show use compressed nitrogen to drive front wheels



AUTO PILOT
Mike Goetz
drive@metronews.ca

No one can accuse Peugeot-Citroen of being full of hot air. In fact, the automaker's latest technology is a breath of fresh air.

Under pressure to meet a French initiative to develop an affordable vehicle that gets 2 L/100 km fuel efficiency by 2020, the company's engineers took a deep breath, exhaled, and then got to work on a potential hybrid system that combines a gas-powered engine with a hydraulic motor running on compressed air.

The technology was officially revealed last year, but got another airing at this week's Paris auto show, where two concept vehicles are showcasing the airy goods — the Peugeot 208 Hybrid Air 2L and the Citroën C4 Cactus Airflow 2L.

It's no coincidence that both feature 2L in their names. As currently configured, with a plethora of fuel-saving technologies, both vehicles are said to be capable of achieving that fuel-efficient holy grail of 2 l/100 km.

Here's how it works: A storage tank holding compressed nitrogen is connected to a hydraulic motor. When the pressurized nitrogen is released, it forces oil through

the motor, which turns the front wheels.

The burst of energy is short — lasting way less than one kilometre. But recharge time is short, too: 10 seconds or so.

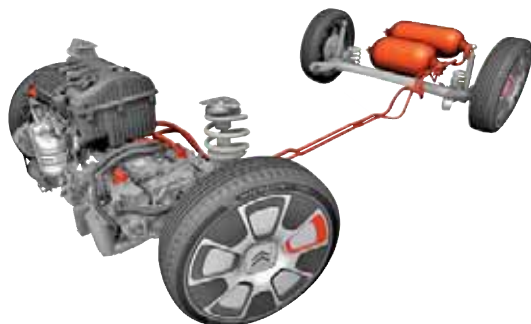
— A pump recycles the nitrogen and oil back into the “charged” position, using energy from the gas engine and a regenerative braking system (which captures the energy available when coasting or braking to a stop — just like in a gas-electric hybrid). Also, like all hybrids, the vehicle can be propelled by air alone, gas engine alone, or a combination.

Both concept vehicles feature reworked versions of the automaker's 1.2-litre three-cylinder turbo-charged engine, and Peugeot-Citroen says the Air Hybrid technology reduces its already minuscule fuel consumption by 30 per cent.

But its major claim to fame is how it achieves that 30 per cent reduction. Compared to a gas-electric hybrid, it does it with considerably less weight, complexity and cost. No big, heavy battery for one thing. It also has a greener manufacturing and recycling footprint.

The downside is it doesn't allow those long, silent and satisfying "totally green" kilometres afforded by gas-electric hybrids. The powertrain probably won't run as smoothly, either.

And, for now, the technology is only applicable to smaller and lighter vehicles. But it is has an air of mystery about it that is very compelling. I hope it isn't one of those promising innovations that disappear over time — into thin air.



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Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Honda seeks to raise the bar for small-engine efficiency

Honda's newest 1.0-litre engine could set new standards for gas-engine efficiency. The Financial Express says the Japanese automaker is working on a global small engine for use in a new small car due to be launched in 2017. It will be offered in both turbocharged and non-turbocharged versions. Honda's smallest current gasoline engine is the 1.2-litre four-cylinder unit in the Brio model, sold in markets including India, Indonesia and Thailand. It achieves combined city/highway fuel-consumption rating of 5.1 L/100 km. The new engine will complement a 1.5-litre diesel-turbo, also sold in Far East countries. Honda does produce a smaller 0.66-litre gasoline engine for its Kei-car range, but those vehicles are sold only in Japan. **ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM**



Honda is developing a 1.0-litre engine to power a new global small car due to be launched in 2017. There's no word on whether the car will be sold in North America, where the 1.5-litre Fit is currently the smallest Honda.

Driving on orange peels for better grip

Who says tires can't benefit from natural ingredients? A Japanese tire maker has cut the amount of petroleum required in the production of its tires by using oil from orange peels. A continuation of Yokohama's BlueEarth philosophy, the company says it infuses the rubber compound with oil extracted from orange peels. One of the stickiest substances found in the natural world, it helps improve the tires' performance and longevity, while reducing the amount of petroleum used in the tire. Orange oil technology was tried and tested on road racing tires in motorsports series around the world, and is now featured in Yokohama's first mainstream tire application, the AVID Ascend series.



Adding oil from orange peels to the rubber compound improves a tire's performance and longevity, Yokohama suggests.

Shift points

- Volkswagen is developing a four-door version of its tiny high-efficiency XL1, says Britain's Autocar magazine. It speculates the larger size won't affect the car's fuel use of 0.75 L/100 km, with technical refinements and the aerodynamic benefit of a longer body offsetting the added weight.
- Germany's Daimler is considering using three-cylinder engines in a range of new small hybrid vehicles, reports Automotive News Europe. The company views the smaller, lighter engines as a necessary factor in hybrids, where size issues complicate powertrain packaging.
- Volkswagen's e-Golf electric car will debut in police-duty spec at a conference in Germany. The e-Golf will debut in North America late this year, with a motor producing 115 horsepower and 199 lb.-ft. of torque.

Air helps power hyper-miler for Peugeot

French automaker Peugeot is showing its 208 Hybrid Air 2L demonstrator at the Paris Auto Show. "2L" refers to fuel consumption of 2.0 L/100 km. The vehicle is based on a production version of the Peugeot 208's 82-horsepower 1.2-litre five-seat hatchback. Weighing less than 900 kilograms, the body is a mix of steel, aluminum and composites. In addition to enhanced aerodynamics, the standard powertrain is replaced by a hybrid drive system with a mix of gasoline and compressed air. According to hybridcars.com, the compressed air is used to assist and even take over entirely for the gasoline engine during acceleration and starts.



Even with new electric offerings, does the goal of having 1.5 million such cars on the road in California by 2025 seem attainable?

Electric cars in California top 100,000

California reached an electric-car milestone in early September, according to figures compiled by a group called the California Plug-In Electric Vehicle Collaborative, surpassing 100,000 registered vehicles since the first electrified vehicle was sold there in 2010. This gives the Golden State about 40 per cent of all the electric vehicles currently registered in the entire United States. In addition, says the Green Car Reports website, the milestone puts the state in a good position to reach Gov. Jerry Brown's target of putting 1.5 million electric cars on the road by 2025. Cleaner, low-emission vehicles have been a priority for the state since the 1960s and 1970s, when clouds of smog choked its cities.

Mercedes B-Class adds a natural-gas powertrain option

Mercedes-Benz has given its B-Class compact tall wagon a midlife upgrade with a range of more efficient engines, including electric and natural-gas options. The most interesting powertrains, says technology website Gizmag, are the new B200 Natural Gas Drive and the B-Class Electric Drive. The natural-gas B-Class uses a 2.0-litre four-cylinder engine fuelled by three tanks of natural gas and can hold 14 litres of gasoline if compressed natural gas is not available. Powered by a lithium-ion battery, the B-Class Electric Drive is already on sale in North America, and proving to be "comfortably powerful enough for darting in and out of city traffic." Subtle cosmetic changes and infotainment upgrades complete the refresh.



The B-Class is already available as an electric model, but there will be other choices, including a natural-gas version with an auxiliary gasoline fuel tank, just in case.



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JUSTIN
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Since its redesign for model year 2011, the Chrysler 200 gained more comfort, better handling, more features, a more upscale interior and more power — all while maintaining a high-value approach to delivering a four-door family sedan.

Note that the mechanically-similar 200 Convertible was also available, but we'll cover that in another column.

Appealing largely on equipment and performance levels relative to its price, the redesigned 200 sold from 2011 to 2014 inclusive and has now been replaced by an all-new 2015 model.

Look for such upscale features as automatic climate control, Bluetooth, motorized heated leather seats, a touch-screen navigation system, LED cabin lighting, an optional Boston Acoustics stereo system, USB connectivity and hard-drive audio storage for ripping your CD collection directly into the stereo for future use.

Common Issues

Be sure the 200 you're considering shifts smoothly and consistently, and have the model investigated by a mechanic if it doesn't.

Gear shifts may be quick or

even abrupt — although if they occur with a bang, or any unwelcome sound effects, there could be trouble brewing.

Confirm proper operation of all on-board electronics, paying close attention to the Bluetooth connectivity, the steering-wheel-mounted audio controls and the instrument cluster illumination.

Next, check out the climate control system. Be sure the air conditioner works, and then check to make sure you get heat out of the vents on both sides of the cabin when called upon.

There's some discussion about clogged or leaky heater cores being a potential issue, which could negatively affect the 200's ability to deliver heat in colder months.

Other signs of trouble may include low coolant levels, or the sweet, sugary, slightly burned smell of engine coolant inside the car.

If you hear a popping or thumping sound from up front while turning the wheel at low speeds, or while stopped, further investigation is required, as the tie rods or strut mounts may need replacing.

Finally, note that a small portion of early 3.6-litre engines from this generation were replaced under warranty due to bad cylinder heads.

The issue was rare and seems to affect only 2011 and some 2012 models, before the cylinder head was redesigned to fix the issue.

Best defence against this rare but noteworthy issue is to stick to a unit with plenty of factory powertrain warranty remaining.



What owners like



Good overall bang for the buck, a comfortable ride, a potent six-cylinder engine, smooth performance and an upscale feel to the cabin were all mentioned frequently. Fuel efficiency is also rated well, as is the trunk space, and overall cargo volume.

What owners dislike



Typical complaints include less-than-adequate performance on models with the four-cylinder engine, as well as a vague and limp feel to the steering system.

Engines



Engine options included a 2.4-litre four-cylinder unit with 173 horsepower teamed to a four-speed automatic, or Chrysler's Pentastar 3.6-litre V6 with output approaching the 300 horsepower mark.

The verdict

Relatively low pricing, the rocket-propelled V6 engine, and decent reliability make the Chrysler 200 a good-bang-for-the-buck candidate for a used sedan. All common issues should be easy for test-drivers or their mechanics to identify.

Zero zips. Longer range, better ride make electric motorcycles more attractive

Can Zero's new bikes create a buzz about electric power?

At first glance, the California firm's 2015 range of bikes, officially unveiled at Intermot in Cologne, Germany, looks a lot like its current range. However, pull away the fairing, and the changes are massive.

Chief among them is a 10 per cent boost in range across the model line, meaning that when rode responsibly, they can go up to 300 kilometres before the batteries need charging. That sort of range improvement is enough to make the new bikes attractive for something other than inner-city commuting or a bit of off-road fun.

However, it's not just better battery tech; the new bikes boast the sorts of fittings and features that its gas-powered counterparts have been offering for some time — Showa suspension, Bosch ABS systems and Pirelli tires.

All of which means they will handle and stop like a normal bike. But that's all they have in common with most of the other marques on display at this year's event.

Electric engines might be poorer than fossil fuel engines in terms of range and time it takes to refill, but those are the only areas where electric bike owners face a disadvantage.

The acceleration from an

electric motor is immediate and all of the torque and power generated by the motor is available all the time — no need to wring it through a gearbox.

That's why when Zero was just a start-up back in 2006 it chose to target dirt biking and scrambling first, where that electric immediacy is a huge advantage.

The FX is still an important model, but it has been joined by a serious hot-rod in the form of the SR, the S (which has the looks and the grunt of a naked bike), and the DS (aimed at those who commute during the week then head for the hills each weekend). AFP



California motorcycle maker Zero has added a hot-rod, a naked model and a crossover to its line of electric bikes. AFP

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Horoscopes by Sally Brompton

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March 21 - April 20

You are well on the way to achieving something that appeared to be out of reach. You have one last hurdle to overcome and one last doubter to convince.

♉ Taurus

April 21 - May 21

Treat yourself — do something for no other reason than it makes you feel good. Some people may be shocked by your extravagance but that will only add to your enjoyment.

♊ Gemini

May 22 - June 21

Something extraordinary is about to happen. Today's eclipse will enable you to turn what has been a dream into a real-life achievement.

♋ Cancer

June 22 - July 23

Don't be fooled if a rival appears to give in over something you have been arguing about for weeks. It will pay you to be suspicious over the next 24 hours.

♌ Leo

July 24 - Aug. 23

Don't be afraid to rock the boat — in fact, rock it a lot. You need to let others know no matter how much they disagree, you will do your own thing.

♍ Virgo

Aug. 24 - Sept. 23

Unseen forces are maneuvering you in a new direction, a direction that will ultimately make your life richer and more fulfilling.

♎ Libra

Sept. 24 - Oct. 23

Your luck is changing for the better but today's eclipse warns you won't get it all your own way. If you want to move ahead you will need to bring others along with you.

♏ Scorpio

Oct. 24 - Nov. 22

What happens today may be a challenge to your ego but no way is it going to break you. Make things easier for yourself by going with the flow rather than fighting against it.

♐ Sagittarius

Nov. 23 - Dec. 21

You will find it easy to approach people today who may have seemed distant or unfriendly. Break the ice and make new friendships.

♑ Capricorn

Dec. 22 - Jan. 20

Today's lunar eclipse in the career area of your chart is a powerful omen and if you are as ambitious as people think you are you will go all out to start moving up in the world.

♒ Aquarius

Jan. 21 - Feb. 19

You have every reason to enjoy yourself. Even though you have to have it tough, you can set a good example.

♓ Pisces

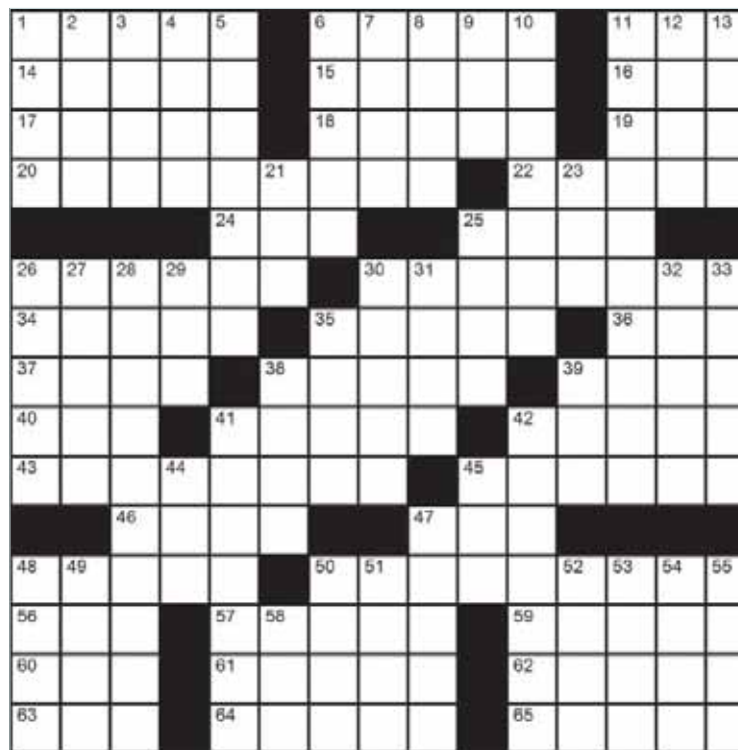
Feb. 20 - March 20

The winds of fate are blowing you in a new direction and all you have to do is relax and go with them. The planets indicate you'll do okay.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

- Mr. Johnson, American Idol
- Showbiz blogger Mr. Hilton
- Energy
- Ancient market
- "It's good, ___ it!"
- Sweetie
- ___ (Vacationing reason)
- Moves swiftly
- Alberta: ___ Island National Park
- ___ Rhyme, Comedian Tom Green's '90s rap group ...#11-Down for more!
- Gaudy
- Period
- Con
- Attribute
- Painting props
- 'And ___ be he that moves my bones.' (Shakespeare's grave epitaph ending)
- "For Whom the Bell Tolls" (1943) character
- TV channel
- Fe
- French impressionist Claude
- "It's ___ real!"
- "Emerald Point ___" ('80s series)
- Ms. Chanel's
- Oak dropping
- Saskatchewan village
- Computer keyboard sort
- Deal



- Composer, Josef ___ (b.1874 - d.1935)
- Elbow: French
- One who boosts confidence
- Fitting-here bug
- Alannah Myles' "___ of Mine"
- In ___ (Laundry's

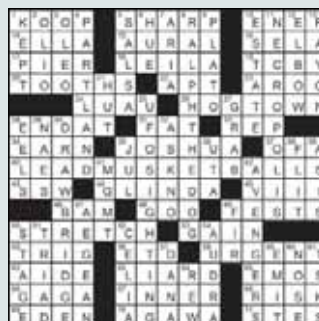
- place)
- Skater Midori
- "Me, Myself & ___" (2000)
- "Reign" star Toby
- And not
- Like a Viking
- French painter Edgar

Down

- Verdi aria: "___ Nome"
- Seaweed product
- Short's opposite
- Earth goddess in Das Rheingold
- Blue-Red-Blue: Mr. Newman (b.1905 -

- Mr. Hogan
- Pac-Man ghost
- Enraged emotion
- Li'l elevation
- Meadow cry
- Betty Crocker product
- Wall painting
- Senior Crown ___ (Title character's profession on "Janet King", new to CBC)
- States' sailor service, shortly
- Attach: 2 wds.
- Bar beverages
- Movie critic Roger
- Cher duettist
- A little, musically
- Change position
- Ancient dating letters
- Type of fish Humpback Whales feed on off the coast of Newfoundland
- "___" (Teen comedy on MTV Canada)
- Non-verbally agree
- Shoppers Drug Mart cosmetics line
- Unrestrained purchasing
- Actor Dean
- Not fooled: 2 wds.
- At all
- YMCA part
- Duellist's need
- British actress Diana
- Actor Idris
- Vintage autos
- ___Medonte (Ontario township)

Yesterdays Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterdays Sudoku



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